

**The Story of the Prophet and the Poor  
and the Dates**

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## **Chapter 1: Witness to Simplicity**

### **A Companion's Testimony of the Prophet's Way of Life:**

**Nu'mān ibn Bāshīr (may Allah be pleased with him) once remarked on the contrast between the indulgence of his contemporaries and the humble lifestyle of the Prophet Muḥammad (peace be upon him).**

**He posed a rhetorical question, underscoring the disparity.**

## **A Question of Excess:**

**Nu'mān ibn Bashīr:**

**"Is it that you eat and drink whatever you wish?"**

**He then recounted his personal observation of the Messenger of Allah (peace be upon him), reflecting on the scarcity he endured.**

## **A Memory of Hardship:**

**Nu'mān ibn Bashīr:**

**"I saw your Prophet (peace be upon him) in such a state that he could not even find poor-quality dates to fill his stomach."**

## Chapter 2: The Reality of Prophetic Life

### A Life of Chosen Austerity:

**This narration reveals the Prophet's lived example of patience, minimalism, and acceptance of hardship—not out of compulsion, but as a deliberate expression of detachment from worldly luxuries. His restraint and endurance stand in stark contrast to a life of ease, serving as a lesson for future generations on humility and gratitude.**